

# WELL AWARE



June 2011

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## Contact DelaWELL

[www.delawell.delaware.gov](http://www.delawell.delaware.gov)

1-800-556-6106

EMAIL: [Employee.wellness@state.de.us](mailto:Employee.wellness@state.de.us)

## Alere®

<https://delawell.alerehealth.com>

1-866-674-9103

## Contact Statewide Benefits Office

[www.ben.omb.delaware.gov](http://www.ben.omb.delaware.gov)

1-800-489-8933 OR (302) 739-8331

# This Is Your Year... This Is Your Health...



Take Part in DelaWELL and Join the State's Wellness Journey!

Beginning July 1, 2011 – May 31, 2012, eligible employees can take advantage of DelaWELL's FREE programs to assist them in achieving their health goals and earn a **\$100 (Silver Level)** or **\$200 (Gold Level)** cash incentive.\*

Members who meet the requirements for the Silver or Gold Levels will also have a chance to win a FREE:

- **Three-Month YMCA Family Membership**
- OR
- **One-Year YMCA Family Membership**

Memberships generously donated by the YMCA of Delaware



\*Learn More.

Visit [www.delawell.delaware.gov](http://www.delawell.delaware.gov).

Have Questions?

Call (866) 674-9103



“As one of DelaWELL's strongest supporters, I am excited to see the selection of programs, services and incentives DelaWELL is making available to state employees. As always, thank you for your participation. Your involvement helps create a healthier Delaware.”

Jack Markell  
Governor



## Important DelaWELL Reminders for the 2010-2011 Program Year



- Employees who earned 20 wellness credits (including the online Wellness Assessment) will receive a \$100 cash incentive paid in the **July 15, 2011 paycheck**.
- Employees who earned 20 wellness credits (including the online Wellness Assessment AND Health Screening) will receive a \$200 cash incentive paid in the **July 15, 2011 paycheck**.

For questions about wellness credits, please call (866) 674-9103.



### REMINDER!

Your adult child, step-child or adopted child is now eligible for coverage until the end of the month he or she turns 26, regardless of student status. If you did not enroll your adult dependent during the Open Enrollment Period ending May 25, 2011, you still have until June 9, 2011 to complete the enrollment by contacting your organization's benefits or human resources representative.

You must also complete an Adult Dependent Coordination of Benefits Form and return it to your benefits representative by June 9, 2011, if you cover an adult dependent who turned 21 prior to the end of 2010 in your State of Delaware Group Health Insurance Plan (First State Basic, Blue Cross Blue Shield of Delaware (BCBSDE) Comprehensive PPO, BCBSDE Blue Care HMO (IPA), or Aetna HMO). The form is not required for any member who enrolls in either the BCBSDE CDH Gold or the Aetna CDH Gold plan.

The Adult Dependent Policy, Adult Dependent Coordination of Benefits Form and Adult Dependent Frequently Asked Questions are all available on the Statewide Benefits Website at <http://ben.omb.delaware.gov/documents/cob/index.shtml>. You can enter information directly into the form, but you must print the completed form, sign it and return it to your benefits representative no later than June 9, 2011.

Questions: Please contact your benefits representative or the Statewide Benefits Office at 1-800-489-8933.

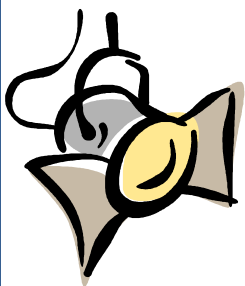
### Blue Cross Blue Shield of Delaware (BCBSD)

#### IMPORTANT EXPLANATION OF BENEFITS CHANGE EFFECTIVE JULY 1, 2011

Members of Blue Cross Blue Shield of Delaware (BCBSD) health care plans will no longer receive a printed Explanation of Benefits (EOB) when there is a zero balance owed to the provider (the claim was covered and paid in full by BCBSD) or when a member is only financially responsible for a co-pay effective July 1, 2011.

Printed EOBs will continue to be provided in the mail for claims that were processed and a deductible, coinsurance, or other non-covered amount is indicated as the member's responsibility. All EOBs will continue to be available online for registered users at [www.bcbsde.com](http://www.bcbsde.com) regardless of the balance owed. BCBSD will share this information in the most recent DE Blue Newsletter mailed to each member's home address.

To learn more, contact BCBSD Customer Service at (302) 429-0260 or 1-800-633-2563.



## Motivation Station: Employee Spotlight

***“When we saw the results of our DelaWELL health screenings and online wellness assessments, we suddenly had a wakeup call.”***

### Kathy Brittingham

Senior Secretary, Milton Elementary School  
Cape Henlopen School District

### Mike Brittingham

State of Delaware Pensioner

**April  
2007**



**April  
2011**



“I just wanted to drop you a line and let you know how much healthier I have become, as well as my husband who is a retiree with the State of Delaware, due to the DelaWELL Health Management Program. When we saw the results of our DelaWELL health screenings and online wellness assessments, we suddenly had a wakeup call. Mike’s blood pressure at the time of the screening was too high at 162/96. It now runs about 127/72. Mike has lost 44 lbs. My weight is down 27 lbs, and my blood pressure today runs 116/67 and now I’m only taking half of a blood pressure pill. Our glucose levels have gone down to be within the normal range, as have our triglycerides and total cholesterol. My total cholesterol is down to 165 without any meds and is a result of a total diet change. I am actually looking forward to my next blood work to see if it has improved any more with my continued healthy efforts.

The DelaWELL Health Management Program made us focus on our health and realize how important it was. We both participated in the “Weigh Down, Stay Down Challenge” and finished it in February. We committed ourselves to eating healthier, eliminating many starches and processed sugars. We began to eat more fruits and vegetables and basically limited our meats to chicken, turkey, and fish. We committed to weighing ourselves regularly and loved watching the pounds drop. As the weight dropped, our energy level increased which allowed us to begin walking regularly and riding our bikes. Regular household chores have become so much easier. Working in the yard is a breeze now, no more shortness of breath or achy joints! In March 2011, we both attended the DelaWELL University “Nutrition” Onsite Seminar at the Stockley Center to be sure we were still on the right track. The speaker was excellent and we got the confirmation we needed that we were on the right path. Mike completed DelaWELL’s six-week online “Healthier Diet Program.” He does most of the cooking in our home since he is retired, so we both benefited from the information he learned. We have reviewed much of the online information found on the DelaWELL Health Portal and have found it all to be informative and a help to us in our healthy quest. We both have communicated with our DelaWELL Health Coaches and have enjoyed the encouragement and information they have provided us.

As I am looking forward to being retired with my husband, it is so wonderful to know we will be able to bike, kayak, play tennis, and play with our seven grandchildren. No more having trouble getting up and down on the floor to play with them! We are both certainly living proof that healthy living is wonderful! Thank you for offering this entire program,” Kathy wrote.

Has the DelaWELL program impacted your overall health? Do you have a success story that will encourage your co-workers along their path to wellness? If so, we would like to hear from you! Send us an e-mail at [Employee.Wellness@state.de.us](mailto:Employee.Wellness@state.de.us) for possible posting in upcoming editions of WellAWARE and on the DelaWELL website.

To read more participant health testimonies, visit [www.delawell.delaware.gov](http://www.delawell.delaware.gov) and click on the “Motivation Station” link.



# Wednesday, April 27, 2011



## A special thanks to the employees who shared their success stories with us...

"I was late for the walk on April 27<sup>th</sup>, but I parked my car at the Springer Building and walked to the main building. Shocked is the only word I can say. I am asthmatic and have had a rough winter with my breathing. I know that is no excuse, so I had stopped walking too far but I am very proud of myself because I walked the path everyone took for the walk. I didn't even need my emergency inhalant, only water. I felt refreshed and ready for work. Walking is the best for my heart, arthritis and mind. I have continued to take my breaks to get away from the office and my computer and go outside even just to walk around the parking lot. I have asked my co-worker to join me and she will see what a difference it makes. Especially, when you are feeling stressed or overwhelmed to just take your mind off of work for even 15 minutes."

- **Mary C. Williams, Account Specialist with DHSS- Delaware Psychiatric Center**

"My co-worker Susan Maldonado and I took a walk outside during lunch today to celebrate National Walk at Lunch Day. We walked for 20 minutes around the DelDOT Dover Administration Building. Afterwards, we both felt great for exercising and refreshed from the cool breeze and sunshine. I plan on walking 20 minutes, 3 days a week. Thanks DelaWELL!"

- **Sarah E. Criswell, Project Engineer with DelDOT**

"A co-worker and I walked during our morning break for 15 minutes and then I walked on my lunch hour for about 30 minutes. It was a nice breezy day to take a walk and I thoroughly enjoyed it!"

- **Dani Tieman, Security Coordinator with Delaware First State Financials**

"We had an event at Delaware State University in honor of National Walk at Lunch Day. About 30 employees/students headed out at 12:15 and walked a 1-mile route around campus, complete with route markers touting the benefits of walking. President Harry Williams led the group and we served fruit and water to participants."

- **Marianne Carter, Director for DE Center for Health Promotion at Delaware State University**

"Thank you Laurel State Service Center for inviting me to attend your National Walk at Lunch Day event! We had a group of about 15 employees that took a short walk together around the surrounding area. After the walk, we all had Subway sandwiches that were generously donated. The day was filled with great energy and team spirit!"

- **Aaron B. Schrader, Health Promotion Coordinator-DelaWELL Program with OMB, Statewide Benefits**



## Healthy Recipe

### barbecued chicken



Takes Under 30 minutes  
Makes 4 servings

#### INGREDIENTS

- 1/2 cup (4 oz/120 g) no-salt-added ketchup
- 1 tablespoon low-sodium soy sauce
- 1 tablespoon honey
- 1 tablespoon chopped fresh ginger
- 1 teaspoon chopped fresh garlic
- 1/2 teaspoon Spanish smoked paprika, optional
- 4 boneless, skinless chicken breasts (about 1 lb/480 g total), trimmed of fat
- No-stick cooking oil spray

#### PREPARATION

- In a food processor, combine ketchup, soy sauce, honey, ginger, garlic and Spanish smoked paprika, if using. Puree until smooth.
- Heat a charcoal fire or preheat a gas grill. Spray chicken pieces with cooking spray. Grill chicken, turning often, until well browned and no longer pink inside, about 20 minutes. During the last 5 minutes of cooking, brush the chicken liberally with the barbecue sauce.

#### NUTRITIONAL INFO PER SERVING

201 Calories
3.2g Fat
0.9g Saturated fat
28.0g Protein
15g Carbohydrate
0.6g Fiber
342mg Sodium

For more great healthy recipes, visit the DelaWELL Health Portal at <https://delawell.alerehealth.com>



### The Fitness Guru Says...

**Question of the Month:** “Since it is Men’s Health Month- what can I do to reduce my risk of prostate cancer?”

Dear Employee,

It’s a well-known fact that women are more likely than men to visit their doctor for annual examinations and preventive services. With that said, the purpose of Men’s Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men, including prostate cancer.

Here are some things to keep in mind in regards to reducing your risk of prostate cancer -

**Nutrition:** You may be able to reduce your risk of prostate cancer by changing the way you eat.

- The American Cancer Society recommends choosing foods and beverages in amounts that help achieve and maintain a healthy weight, eating a variety of healthful foods with an emphasis on plant sources and limiting your intake of red meats, especially high-fat or processed meats (i.e., hot dogs, bologna, and lunch meat).
- Eat 5 or more servings of fruits and vegetables each day. Whole-grain breads, cereals, rice, pasta and beans are also recommended.
- Tomatoes (raw, cooked, or in tomato products such as sauces or ketchup), pink grapefruit and watermelon are rich in *lycopenes*. These vitamin-like substances are antioxidants that help prevent damage to DNA and may help lower prostate cancer risk.

#### Physical Activity:

- Some studies have found that high levels of physical activity, particularly in older men, may lower the risk of advanced prostate cancer.

#### Smoking:

- A recent study linked smoking to an increase in the risk of death from prostate cancer.

#### Early Detection and Screening:

- The American Cancer Society recommends that men discuss prostate screening options with their health care providers.
- The discussion about screening for prostate cancer should take place at age 50 for men who are at average risk of prostate cancer.
- This discussion should take place starting at age 45 for men at high risk of developing prostate cancer. This includes African Americans and men who have a first-degree relative (father, brother or son) diagnosed with prostate cancer at an early age (younger than age 65).

*Best of Health!*

*F.G. (a.k.a. Fitness Guru)*





## Recognizing Outstanding Commitment To Worksite Fitness



On April 27, 2011, Aaron Schrader, Health Promotion Coordinator with the DelaWELL Program, surprised the staff of the Laurel State Service Center by presenting each employee with a special "Outstanding Commitment to Worksite Fitness" certificate. The certificates were signed by DelaWELL staff members, including Aaron Schrader and Theresa Strawder (DelaWELL Program Administrator) and commended the employees for making fitness part of their daily work breaks by participating in 10-minute exercise videos, instituting onsite Zumba classes that are offered after-work on multiple days throughout the week and taking part in the National Walk at Lunch Day each April. Keep up the great work Laurel State Service Center!







**PROTECT YOUR  
SKIN WITH THESE  
SUN SAFETY TIPS  
FROM NURSE24:**

- Avoid intentional tanning outdoors and with tanning beds.
- Seek shade between 10 a.m. and 4 p.m.
- Use a broad-spectrum sunscreen that blocks UVA and UVB rays.
- Choose a sunscreen that has a sun protection factor (SPF) of at least 30.
- Apply sunscreen at least 20 minutes before going outdoors, and reapply every two hours – even on a cloudy day – and after swimming.
- Protect lips with an SPF 15 lip balm.
- Wear sunglasses to prevent cataracts.
- Cover up with protective clothing – a wide-brimmed hat and long-sleeve shirt.
- Limit your exposure to reflective surfaces – water, snow, sand.
- Drink plenty of water – at least eight glasses a day to avoid heat stroke.

**CALL NURSE24<sup>SM</sup>**

Every sunburn increases your risk for skin cancer.

And nearly 90 percent of the visible changes blamed on premature aging – wrinkles, deep lines, sagging skin and age spots – are actually caused by frequent exposure to ultraviolet radiation from the sun.

**You can always depend on Nurse24 for immediate expert advice on more than 5,500 health topics.**

Whether you have a painful sunburn, feel ill, or have a question about a health concern, you can talk with an experienced nurse by phone or online – anytime, day or night! It's free and completely confidential.

**Call Nurse24  
today at  
(866) 674-9103**

**STATE OF DELAWARE AGENCIES COMPETE IN SUMMER  
COMPETITION TO SAVE LIVES**

Blood Bank of Delmarva's 9<sup>th</sup> annual Summer Blood Challenge (SBC) kicked off on May 23 and continues through September 11.

The Summer Blood Challenge is a competition among local employers, including many State of Delaware agencies, to recruit the most Blood Bank members and donors during the summer months when fewer people typically give blood. This is a great opportunity to help the community.

**Save Lives! Win Prizes!**

State employees who participate on behalf of their agency will earn chances to win exciting prizes.

Two \$50 VISA gift cards are awarded weekly and all participants are eligible for the "Sea to Shining Sea" Grand Prizes: a \$500 VISA gift card, a 3-day trip to New York City, or an Alaskan Cruise for two!

Between May 23 and September 11, you can earn points and chances to win those prizes. Please contact your benefits representative to get more information about your agency's participation. For more details, please visit the Blood Bank of Delmarva's website at <https://www.delmarvablood.org>.

